

# November Wellbeing Series

An engaging health and wellbeing studio experience delivered to a dedicated platform, supporting you as you continue to work remotely. This month focuses on Sleep!

**Host: Leisha McGrath**

**What this series delivers:**



Organisational  
Psychologist and Coach

- 4 live seminars with option to interact with the host and guest via polling and Q&A function.
- 'Sleep' e-learning.
- Supportive tipsheets relating to the series topics for you to download, read and share with your colleagues.

## Seminars

### Why is sleep important?

This week, we will help you gain a better understanding of the importance of sleep to our mind and body. We'll be joined by a guest expert as they educate us on why we sleep, the sleep cycle, sleep disorders, as well as finding out just how much sleep we really need.

November

Wednesday  
3rd  
@ 1.15pm



**Motty Varghese**  
Senior Sleep  
Physiologist & Keynote  
Speaker

### Sleep Myth Busting

The internet is full of advice and tips on sleep. This advice isn't always factually correct, or backed up by appropriate research or science. For this week's seminar, we're busting all the major myths there are around sleep. Join us for a fun, interactive and insightful event.

November

Wednesday  
10th  
@ 1.15pm



**Dr. Neil Stanley**  
Independent Sleep Expert  
& Author



**Deirdre McSwiney**  
Sleep Technologist

### Improving your family's sleep

Our special guest this week is an expert on sleep for babies, children and teens. We'll be looking at bedtime routines, sleep tips and how to improve sleep overall for the whole family.

November

Wednesday  
17th  
@ 1.15pm



**Lucy Wolfe**  
Sleep Consultant  
& Author

### Sleep & Performance

Sleep plays a crucial role in our overall wellbeing and performance. This week we'll be looking at what factors can influence our sleep. We'll be focusing on nutrition, your sleep environment, sleep routines, and habits. Discover how you can improve your performance with a consistent good night's sleep.

November

Wednesday  
24th  
@ 1.15pm



**Eoin Lacey**  
Performance  
Consultant